

THE SUN

MEMBER NEWSLETTER



Jones Brothers
Community Member

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CommunityHealthChoice.org

713.295.2294 | 1.888.760.2600



COMMUNITY

COVID-19 Pandemic Updates

The coronavirus (COVID-19) is a virus that makes people sick with flu-like symptoms. The virus spreads easily and causes a fever, cough, and trouble breathing.

How to protect yourself and your children from COVID-19?



Make sure your children have all their vaccinations



Stay home as much as possible



Wear a face covering and practice social distancing when in public places



Wash your hands often with soap and water



Avoid close contact with those who are sick



Cover your mouth and nose while sneezing or coughing



Disinfect objects and surfaces to stay clean

For more COVID-19 updates, please visit:

<https://www.communityhealthchoice.org/en-us/coronavirus/>

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Pandemic Updates

Benefit Renewals:

Due to the COVID-19 pandemic SNAP, Medicaid, and Healthy Texas Women benefit renewals will renew automatically. HHSC will tell you by mail when it is time to renew. Please note that interviews are currently not required for applications or renewals.

If you received a notice from HHSC asking for additional information to process your case, you will need to turn in the information they asked for.

If you have questions regarding your benefits, you can find information at YourTexasBenefits.com. You can also call 2.1.1.

Application Sites:

Most of Community's application sites are currently closed. If you are needing assistance completing an application, please contact Community Member Services at 713.295.2294 for a listing of sites that are open weekly.

In-office Checkups:

To limit exposure to COVID-19, providers may adjust in-office medical and dental checkups. These changes may include:

- Temporarily postponing certain checkups.
- Limiting checkups to certain times of the day.
- Dedicating specific rooms for sick visits and well-child visits.
- Prioritizing visits for younger children, especially those due for routine vaccines.

Contact your provider to find out more information



TELEMEDICINE SERVICES

Use telemedicine services whenever possible. A Provider can screen and diagnose you over the phone. It is a great way to get the care you need from home.

If you are a CHIP, CHIP-P or STAR Member, ask your Provider if they offer telemedicine. If your doctor is not available and you need help with locating telemedicine services, please call us for assistance.

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Feeling stressed because of COVID-19? That's normal.

When you think about your health and COVID-19, you may only think about if you feel sick. However, it is also important to think about your emotions. You may feel stressed or you may feel worried. Having to stay socially distanced from others can cause these feelings. The health of friends and family may also have you concerned – as may your job and money issues. These are normal feelings. But did you know that taking care of how you feel emotionally is just as important as taking care of your body?

Take Care of Your Feelings

- Feel your feelings – We are all dealing with extra pressure during this time. This is not a sign of weakness. It is normal to feel a number of different emotions. The key is to recognize these emotions and express them in a healthy manner.
- Find positive ways to deal with your feelings – Are there steps you can take to put your mind at ease? For some, this may be getting more sleep. For others, it may be taking a break to step away from the pressure. Physical activity is another way people deal with releasing stress. Find what works best for you.
- Check on yourself – Pay attention to how you are feeling. It is important to address negative feelings before they become too much to handle. Talking with people you trust can be helpful. If you feel your emotions are more than you can handle, it is important to seek professional advice.

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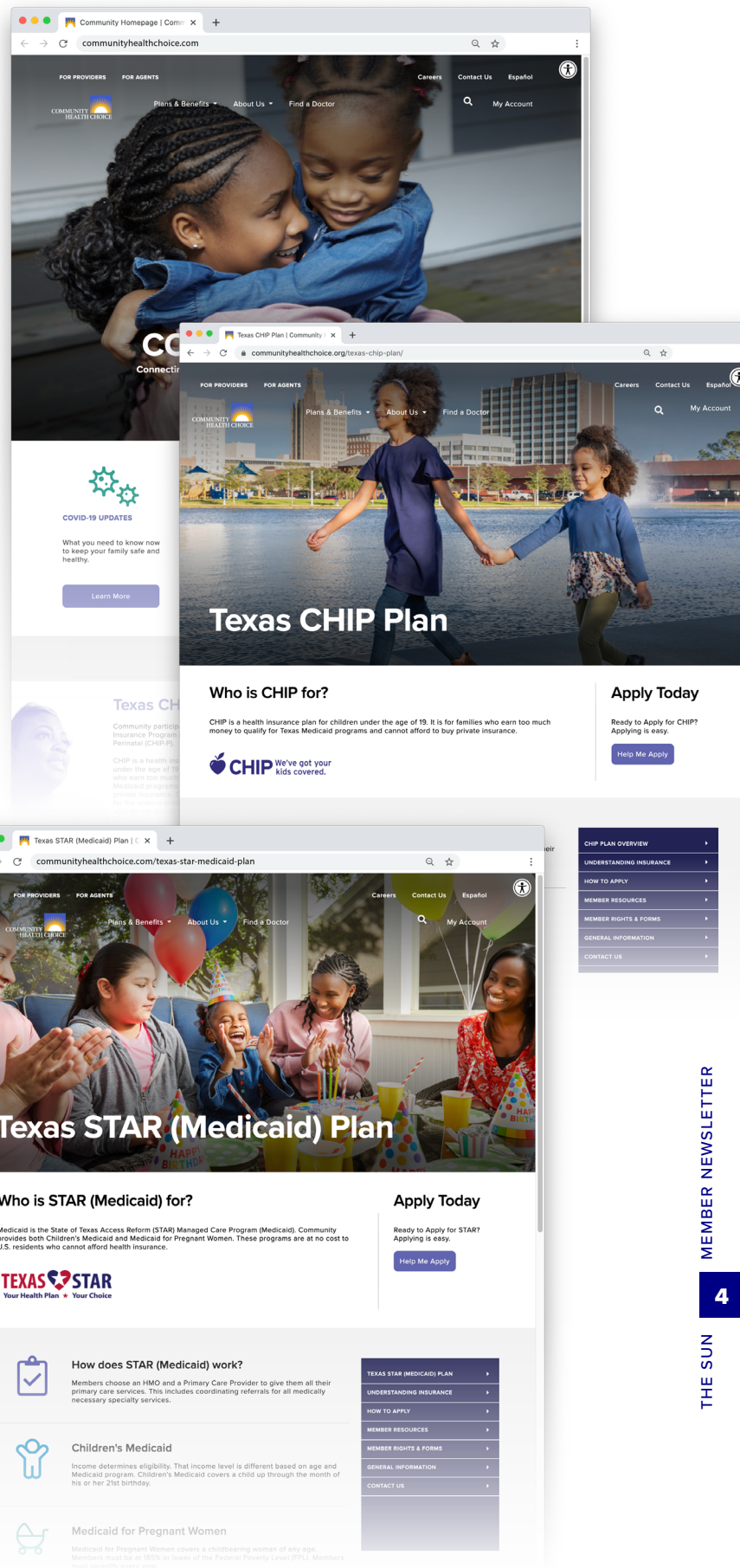
Check out Our New Website, Made Just for You!

We're excited to show you our new Member website. We built the site from the ground up with a special focus on meeting your needs, and it is all based on feedback we received from you.

The new site makes it faster and easier for you to find whatever you need:

- Forms, contact information, programs, benefits, and events are all organized by plan.
- We've added more interesting content, including health tips, stories, and news.
- The site works as well on your phone or laptop as on your computer or tablet.
- Our new search tool helps you find web pages and documents quickly.

Check out the new website today at **CommunityHealthChoice.org**. And thanks for helping us build it.



WELLNESS CORNER

Health Education During Wellness Checkups

Texas Health Steps Checkups and Well-Child checkups, also known as wellness checkups, help keep your children healthy by finding problems early when they are small and can be easier to treat. These checkups are at no cost to Medicaid and CHIP Members.

- Medicaid Members get Texas Health Steps Checkups from birth through 20 years of age.
- CHIP Members get Wellness Checkups from birth through 18 years of age.

Call your child's doctor today to schedule an appointment. Remember to ask your child's doctor if they offer telemedicine during the current coronavirus pandemic.

Need help? Call Wellness Services at 713.295.6789 or toll-free at 1.844.882.7642 or email us at MemberServices@CommunityHealthChoice.org.



[Birth to 1 Year]

Babies need checkups when they are 5 days old and 2 weeks old. Then at 2, 4, 6, and 9 months old.

• Doctors make sure babies are healthy and growing as they should.

• Dental checkups start at the age of 6 months. The dentist or doctor might put fluoride on your child's teeth during a dental or medical checkup.



[1 to 4 Years]

Children need medical checkups at 12, 15, and 18 months old and at 2, 2-1/2, 3, and 4 years old.

• Your child needs dental checkups every 6 months unless the dentist needs to see your child more often.



[5 to 10 Years]

Children need medical checkups at 5, 6, 7, 8, 9, and 10 years old.

• Children need dental checkups every 6 months.

• Dentists can put special coatings on children's teeth (called "sealants") that help prevent tooth decay.



[11 Years & Older]

Teens and young adults need medical checkups every year.

• During checkups, doctors talk to teens about eating habits, physical activity, injury prevention, and how to have a healthy lifestyle.

• Teens and young adults continue to need dental checkups every 6 months.

**Parents should take their children for wellness checkups regularly.
Listed above are suggested schedules by age group.**

WELLNESS CORNER

Are you travelling this summer for farm work?

If you are planning to travel this summer or have travelled to work on a farm or fields to prepare crops, grow fruits and vegetables, plant trees, raise or care for livestock, or prepare dairy products in the past two years, your children enrolled in STAR program, birth through age 17, are considered children of traveling farmworkers. Your children can receive their wellness checkup before they travel with you to the next farm job. Call your child's doctor today or Wellness Services at 713.295.6789.

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NEED A RIDE TO THE DOCTOR?

CHIP Members:

Call Community Member Services for help. Call toll-free 1.888.760.2600, Monday to Friday, 8:00 a.m. to 5:00 p.m.



Medicaid Members:

Call Medical Transportation Program (MTP) Call at least 48 hours before your appointment at 1.855.687.4786, Monday to Friday, 8:00 a.m. to 5:00 p.m.



Visit our Wellness Corner for even more helpful information!

<https://www.communityhealthchoice.org/wellness-corner/>

COMMUNITY HEALTH CHOICE

2636 South Loop West, Suite 125
Houston, TX 77054